

What is claimed is:

1. An electric plug (1) having a plug housing (2) and at least two integrated plug-in contacts (3) and (4) to be inserted into corresponding female receptacles of an outlet, and a cable entry (5); a manually actuated ejection mechanism (6) having push-out means (7) being disposed in the plug housing (2); and the push-out means (7) cooperating with a spring (8) in such a way that the spring (8) is biased when the plug (1) is in the plugged-in state, so that the plug (1) is automatically removed from the outlet by means of the push-out means (7) when the ejection mechanism (6) is actuated; the actuation for the automatic triggering of the ejection mechanism (6) being accomplished by pulling on the cable (9); and the pulling force acting on a strain relief device (10) which is provided for the cable (9) in the plug housing (2) and which, in turn, cooperates with triggering means (11) for actuating the push-out means (7) which is biased by the spring (8), wherein the triggering means (11) and the push-out means (7), together with its spring (8), are disposed in the plug housing (2) formed by two housing shells (2.1) and (2.2), and/or are coupled to each other in the plug housing (2), in such a manner that the means (11) and (7) are urged into the biased position only by the process of inserting the plug (1) into an outlet.
2. The plug as recited in Claim 1, wherein the triggering means (11) includes an element (12) which is rockingly supported in the plug housing (2) and which, in a first position, retains the triggering means (11) against the action of a spring (13) and, in a second position, releases the push-out means (7) in response to a pulling force acting on the strain relief device (10).
3. The plug as recited in Claim 2, wherein the rocker-like element (12) is substantially composed of two hinge pins (14) and (15) which are located in one axis of rotation and are connected by a bridge element (16) extending below the push-out means (7).
4. The plug as recited in Claim 3, wherein on the side facing the push-out means (7), the bridge element (16) includes a latchbolt-like surface (19), the strain relief device (10) for the cable (9) being formed thereon below.

5. The plug as recited in Claim 4, wherein the push-out means (7) includes a plunger (20) which is movable between the plug-in contacts (3) and (4) and supported in the bottom region and in the cable entry region of the plug housing (2).
6. The plug as recited in Claim 5, wherein in approximately the middle of the plunger (20), there is disposed a retaining element (21) against which bears the biased spring (8) on the one hand, and which, on the other hand, provides the latching connection with latchbolt-like surface (19) of bridge element (16).
7. The plug as recited in Claim 1, wherein a plate-like element (22) is formed on the end of the plunger (20), said plate-like element pressing flat against a contact surface in the outlet during the ejection process; and during the ejection process, the plate-like element (22) is guided between the plug-in contacts (3, 4) by guide means formed on the plate-like element (22).
8. The plug as recited in Claim 7, wherein the plate-like element (22) is provided with recesses (24) and (25) which encircle the plug-in contacts (3) and (4) partially and/or in some regions thereof.
9. The plug as recited in Claim 8, wherein in the non-actuated state, the plate-like element (22) is located in an opening in the bottom surface (23) of the plug housing (2).
10. The plug as recited in one of Claims 1 to 9, wherein locking means (26) are provided in the region of the cable entry (5), said locking means preventing unintentional triggering of the ejection mechanism (6).